

## Listening Awareness Inventory

To see how effective you are in practicing good listening techniques, answer these questions about yourself.

	Almost Always	Usually	Seldom	Never
	4	3	2	1
1. Do you let people finish what they're trying to say before you speak?				
2. If the person hesitates, do you try to encourage him/her rather than start your reply?				
3. Do you withhold judgment about the person's idea until he/she has finished?				
4. Can you listen fully even though you think you know what he/she is about to say?				
5. Can you listen nonjudgmentally even if you do not like the person who's talking?				
6. Do you stop what you're doing and give full attention when listening?				
7. Do you give the person appropriate eye contact, head nods, and non-verbals to indicate that you're listening?				
8. Do you listen fully regardless of the speaker's manner of speaking?				
9. Do you question the person to clarify his/her ideas more fully?				
10. Do you restate/paraphrase what's said and ask if you got it right?				

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